



Friday 7th November 2008

SWCC web site www.southwestcycleclub.com.au

POSTAL ADDRESS : PO Box 1208 Bunbury 6231

MEMBERSHIP DETAILS <http://www.wa.cycling.org.au/membership.html>

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SWCC GROUP RIDES

Sat 6.45 am Hard 50 km Coffee @ The Dome E Centre

Sat 6.45 am 33-34 km/hr 50 km Coffee @ The Dome E Centre

Sat 6.45 am 28km/hr 44 km Coffee @ The Dome E Centre

Thurs 6.00 am 35k av 40 km Coffee @ Benesse E Centre

For the course route and further info on Saturday's ride, see <http://swcycleclub.4shared.com/>

UPCOMING EVENTS

Sun 9 Nov Club 20 year anniversary event Dardanup

Wed 12 Nov TT Dardanup 8 km & 16 km 6 pm

SWCC 20 year celebrations

Just in case you haven't seen the flyer for this event, it is attached with this newsletter. Three rides are available on the day, a 25 km, 39 km or 100 km ride. After the ride, share a meal at the Dardanup Tavern and take a look back at the club's history in stories and pictures. And the club's new jersey will be unveiled and available to everyone who has purchased one.

Any children under 13 who will be doing the participation ride must be accompanied by parent or guardian when riding on an open road.

Membership Renewals

Current members are encouraged to renew their membership for the 2009 season online. However new memberships cannot be done online until January. Some hardcopy forms are available at Fitzroys and there will be hard copies at the 20 year celebrations on Sunday. There is also an Under 13 membership which costs just \$10.00

Full details of memberships can be found at <http://www.wa.cycling.org.au/membership.html>

Fitzroys Ride

Fitzroy Cycles Ride Tuesdays 6pm is becoming increasingly popular with the introduction of daylight saving meaning most of the ride now done in daylight. The format is a fast paced ride and it is great to see a number of club members improving their fitness and riding strongly including Tony Nash. The pace does however mean that this is not the best ride for new riders to start with. In recognition of this and to try to cater for those who wish to ride at a steadier pace (e.g. average around 30-32kph) there is now a second ride that leaves from Fitzroys at 5:50pm.

Group Ride Safety

Accidents such as the one that happened in Busselton a couple of weeks ago remind us all of the risks involved in road cycling particularly in groups. While everyone can get caught up in the competitive nature of many rides things can go very wrong very quickly so I just want to remind everyone again not to take unnecessary risks particularly at intersections and on busy sections of road. The use of aero bars is also prohibited on SWCC group rides even when riding on the front of the group.

Cycleskills session

Many thanks to Linda and Graham Adams plus Laurie and Glenys from the Tri club who turned up on Monday to help out with the skills session. All showed plenty of speed in getting to the nearest tree to shelter when the storm came thru!!

Summer Calendar

This will be e-mailed on Saturday.